

FORSYTH COUNTY COURSE SYLLABUS

COURSE TITLE: Personal Fitness

ROOM: New Gym

PHONE: 770-781-2264

Course Description: Provides instruction in methods to attain a healthy level of physical fitness. Covers how to develop a lifetime fitness program based on a personal fitness assessment and stresses strength, muscular endurance, flexibility, body composition and cardiovascular endurance. Includes fitness principles, nutrition, fad diets, weight control, stress management, adherence strategies and consumer information; promotes self awareness and responsibility for fitness.

Standards:

CHAPTERS 1 THROUGH 16

GPS:

DATE:

Introduction

- | | | |
|---|--------------|--------------|
| 1. Why Personal Fitness | PEHS 1 | week 1 |
| 3. Exercise Safely | PEHS 1,4 | week 2 & 3 |
| 4. Evaluating Your Health Related Components | PEHS 3,4 | week 4 & 5 |
| 5. Evaluating Your Skill Related Components | PEHS 3,4 | week 6 & 7 |
| 6. Training for Fitness | PEHS 1, 4, 5 | week 8 & 9 |
| 11. Understanding The Cardio-respiratory System | PEHS 4, 5, 6 | week 10 & 11 |
| 12. Achieving Cardio-respiratory Fitness | PEHS 5, 6 | week 12 & 13 |
| 16. Designing Your Fitness Program | PEHS 4, 5, 6 | week 14 & 15 |
| <i>Review for Final Exam</i> | | week 16 & 17 |
| | | week 18 |

Learning Resources/Textbook(s):

Stokes, Schultz. Personal Fitness And You. Hunter Textbooks, Inc, North Carolina. 2002.
Students will not be issued individual text books. The class set will stay in the New Gym.

With the emergence of technology as a tool for learning, South Forsyth High School will be utilizing various resources to assist with instruction, including ANGEL, online textbooks, and interactive websites. In addition to these web based instructional tools, this course will also have a classroom set of textbooks. Should you feel that your child would benefit from having a textbook at home in addition to the classroom textbook, please contact your child's teacher.

Required Assignments:

1. Daily physical activities revolving around personal fitness. The main emphasis will be aerobic-type exercise and developing enjoyable lifelong activities.
2. Each chapter will include a guided reading assignment.

Availability for Extra Help:

Coaches are available before school for extra help in finishing assignments or making up workouts.

Makeup Work: All missed work and assessments are the responsibility of the student when they are absent from school. A student who is absent on the class day before a regularly scheduled assessment will be responsible for completing the assignment on the regularly scheduled day and time. Students who have been absent more than two consecutive days (including the assessment day) will be given five (5) school days to make up the assessment and/or other assignments. This does not include major projects, research papers, etc., where the deadline has been posted in advance. The teacher has the discretion to grant a longer period of time to make up work if there are extenuating circumstances.

Grading Calculations:

CONTENT OF GRADE:

PERCENTAGE OF GRADE:

Dress Out/Participation 60%
Tests 40%

** These two aspects will account for 85% of final grade.

Final Exam 15%

****Note:** the Daily and Tests will make up 100% of a student's course grade up until the final exam. After the final exam, the Daily and Tests will encompass 85% of the total course grade, allowing for the mandatory 15% final exam grade portion to average in.

Grading Policy:

A = 90 – 100

B = 80 – 89

C = 70 – 79

Failing = Below 70

**Formative Assessments include, but are not limited to homework, class work, practice tests, rough drafts, and sections of projects/ research papers/presentations.*

**Summative Assessments include, but are not limited to unit tests, final projects, final essays, final research papers, and final presentations.*

Class Policies:

- **DRESSING OUT IS REQUIRED.** Students must be dressed out in tennis shoes, athletic socks, and a **Mandatory P.E. Uniform.** Uniforms are \$25 dollars and are sold daily in the school store. Students not dressed in the correct attire will be given an alternate assignment.
 - For each 9 week grading period, the following is the school protocol for students not dressing out:
 - 1st offense = Warning
 - 2nd offense = Parent contact by teacher
 - 3rd offense = Detention served with a physical education teacher
 - 4th offense = Office referral resulting in an administrative detention
 - 5th offense = Office referral resulting in one day of ISS (In School Suspension)
 - 6th offense = Office referral resulting in Saturday School and a parent/ teacher/ administrative conference
 - Students will be given 6 minutes to dress at the beginning of the period and 10 minutes at the end of the period for dressing.
 - Students are not to leave the gym or track without the teacher's permission.
 - Only doctor's note will excuse a student for not dressing out. The student must bring paper and pencil to class for this assignment.
 - All daily assignments will be posted on the homework hotline section of my webpage.
- www.forsyth.k12.ga.us. Students who are absent or have a doctor's excuse not to participate will be required to hand in a two page handwritten report on the unit of study.
- NO FOOD, DRINK, OR GUM IS ALLOWED IN THE GYM. DETENTIONS WILL BE ASSIGNED FOR VIOLATIONS OF THIS RULE.
 - Do not bring large sums of money or valuables to class. Any valuables brought to class should be secured in the teacher's office. The Physical Education Department cannot take responsibility for money or valuables left in the locker rooms.

Tardy Policy:

- 1st offense: Warning
- 2nd-4th offenses: Parent Contact & Teacher Detention
- 5th-8th offenses: Administrative referral
- 9th-11th offenses: 2-5 days ISS
- 12th plus offenses: 1-10 OSS

Parent Signature: _____ Student Signature: _____